- Peas, cowpeas (*Vigna sinensis*), are grown in abundance. There are two other varieties, cotton (groundnuts), and *shimbwiro*.
- Sweet potatoes: *mbatata* (*Ipomoea batata*), of which the natives are very fond; they distinguish a red and a white variety, *mbatata nyanjijira* and *mbatata nyamwera*.

The tuber-like root of a bush called *ngumbo* is also eaten, likewise the young underground shoots of a palm tree. The leaves of the sweet potato and the leaves of many wild growing plants are collected by the women and cooked like spinach; the flowers of pumpkins are used in a similar way. Of fruits eaten, the banana, *kpondo*, takes first place. A very large number of species of *Ficus* are grown, including *mukumbukia*, *mkinga*, *mkuli*, *mutiri mungunga*, *kubata a dimari* bananas, *kinjwa* a wild banana, and *mkunga*, the plantain. The *pare-pare* is found all over the district. There are several varieties of pumpkin, *kpungu*, including *mkenda*, *shimbwishi*, and a very large species called *mtwe wa nyama*, "the crocodile's head." Varieties of *nanyaberu* include *kingaka* and *kabbingala*.

A large number of wild fruits are eaten, among them figs, *kikuju* (*Ficus*), *kauka* (*Capparis*), *shiki* and *lungu*, the fruits of two species of *Landolphia*, *matunga* or *Kaffir oranges* (a species of *Strychnos*), *shikundu*, the fruits of *Hyphaene* (palms), *mutsambwa* (*Myrianthus*) a wild tree belonging to the mulberry family, and others, *mkwa*, *mukunguakundu*, *mkundamalu*, *shingalungulu*, *shitalapalpa*, *mukwiku*, *Mkwanda*, etc. The seeds from the heads of *kubtsubwa* (*Typha*) are roasted up and eaten.

All fish are eaten except the sponge, which always causes urticaria.

The flesh of all the antelopes, of cows, sheep and goats is eaten generally; only bushbuck is avoided by some people as it is said to cause a skin eruption. Elephant is shunned by many on account of its rough skin, also rhinoceros because of the ulcers which it often has on its body, and hippopotamus on account of the warts on its back which are thought to be akin to leprosy. People eating the flesh of these animals are supposed often to sicken with leprosy, the pachydermatous skin, the ulcerous or exanthetic depigmented patches of that disease being reproduced, so the case may be. Few will eat pig or warthog on account of the digging habits of these animals. It is thought they may sometimes grub up bodies from graves. These flesh taboos may be due to Mohammedan influence. The lion, hyæna, and fox no one would touch, as they are supposed to be connected with sanet,[1] but the heart of the lion might be eaten to acquire courage. Few will touch leopard flesh, but Kaonga's descendants do so. All will eat of the flesh of the serval cat but very few of the common wild cat. The rock rabbit, *nyangwire* (*mbira*, Chin.), is refused by most. The ox is a "beast without shame," having no tail to hide what should in decency be hid. Very few will partake of the baboon, but monkey is acceptable to many. A few reject porcupine, supposing they will break out in spots, while the zebra may cause stripes, and none will touch the skunk. No one eats *mnjo*, a mouse that is believed to die if it crosses a path. All kinds of rats are eaten, but the shrew-rat and cane-rat only by boys. Snakes

[1] This says, p. 350.